

HOW TO GET OUT OF PAIN WHILE BRUSHING YOUR TEETH

Wouldn't it be great to relieve pain, find strength, and increase performance while simultaneously doing the things you already have to do everyday?

The beauty of Foundation Training is how it integrates seamlessly it into your daily chores and movements.

*Through simple shifts to the way you move and hold yourself,
you can essentially make your life your workout!*

WANT TO GIVE IT A TRY?

Next time you brush your teeth:

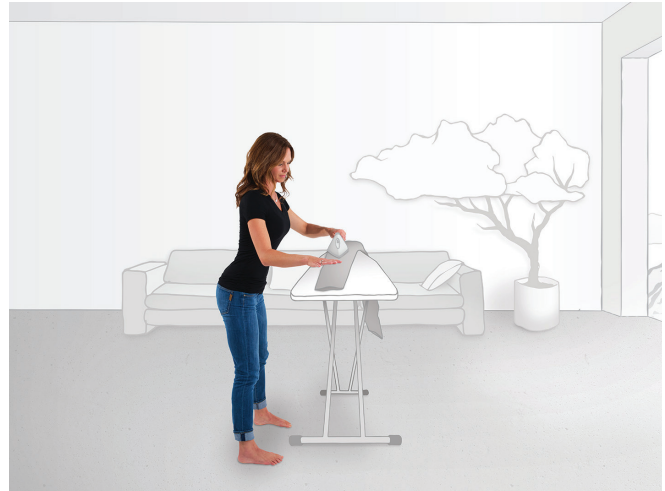
1. Stand with your feet shoulder width apart and your feet parallel.
2. Shift your weight into your heels as you grab the ground with your toes.
3. Squeeze your heels toward each other like you're trying to buckle the floor between them.
4. Keep your knees loose, but behind your toes.
5. Hinge the hips back so they're slightly behind your heels and you feel some tension in the low back.
6. Take a few deep breaths filling your lungs completely. Now go ahead and brush away holding this position for the duration.



Seems too good to be true, but a simple change like this, done everyday,
can add up to a strong, pain-resistant body.

And you don't have to carve any extra time out of your day.

TRY THIS SAME SET UP WHILE WASHING YOUR FACE, DOING THE DISHES, IRONING, SHOPPING, ETC.



There are countless ways to integrate Foundation Training into your everyday life. The more you learn and practice, the more ways you'll discover how. Challenge yourself to see how many ways you can use Foundation Training to make your life your workout.